

August 2016 Monthly Challenge Options

- Option 1: WCDHD staff is going to create a "healthy office cookbook". Each employee participant needs to submit one healthy recipe via email to the Positive Pulse Wellness Coordinator each Friday of the month of August 2016.



- Complete a daily water challenge at least 3 times a week according to weight:

<u>Weight</u>	<u>Ounces of Water Daily</u>
100 pounds	67 ounces
110 pounds	74 ounces
120 pounds	80 ounces
130 pounds	87 ounces
140 pounds	94 ounces
150 pounds	100 ounces
160 pounds	107 ounces
170 pounds	114 ounces
180 pounds	121 ounces
190 pounds	127 ounces
200 pounds	134 ounces
210 pounds	141 ounces
220 pounds	148 ounces
230 pounds	154 ounces
240 pounds	161 ounces
250 pounds	168 ounces



Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!

Location: <https://hyperdrive2.hyperoffice.com/Personal/Brandi/POSITIVE PULSE WELLNESS/MONTLY CHALLENGES/2016>

Original: 8/1/2016

Revised: